

2023 NASA East Coast Nationals Powerlifting

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

Date: Saturday, November 11th & Sunday, November 12th, 2023

NEW Location: Champion City Crossfit, 1105 Upper Valley Pike, Springfield, OH 45504

Meet Director: Rich Peters | 10751 Lake Rd | Lexington, OK 73051 | 405-706-0484 | email: sqbpdl@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 \$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 & Power Clean lifters.**

WEIGHT CLASSES:

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

Friday Early Weigh-in 7:00 – 8:00pm Friday (All women and All men 114.5 -181.75)
Saturday Regular Weigh-in 8:00 – 9:00am Saturday (All women and All men 114.5 – 181.75)
Saturday Early Weigh-in 6:00pm – 7:00pm Saturday (All men 198.25 Classes and above)
Saturday Regular Weigh-in 8:00am – 9:00am Saturday (All men 198.25 Classes and above)

LIFTING WILL BEGIN AT 10:00am Both Days. 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

**This meet is a Qualifier for ALL NASA Nationals
ALL NASA State and All National Records May Be Set or Broken At This Meet**

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.

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 lifter's 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.

Retro Powerlifting

No Equipment except Belt

Power Clean / Power Press

Lifting Belt & Wrist Wraps Only. Either Clean Only or Clean + BP which is Power Press

Power Sports Full Meet

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

ENTRY FEES:

\$10.00 Late Fee applies after Deadline Date on 1st entry. 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): **\$85.00 for first division entered; \$45.00 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): **\$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, No Minimum Number.

**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**

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 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 RECORDS:

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 the Masters 1 Division. All Records are online; they **MAY** not be available at the meet. Please see details on our web site at www.nasa-sports.com National Records **CAN** be broken in this event.

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November 11th & 12th, 2023

Champion City Crossfit, 1105 Upper Valley Pike, Springfield, OH 45504

→ IMPORTANT: Late Fee of \$10.00 (on first division only) Begins November 5th, 2023 ←

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/Event \$85 (\$50 for HS)	2nd Division/Event \$45 (\$40 HS)	3rd Division/Event \$45 (\$40 HS)	4th Division/Event \$45 (\$40 HS)
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 Clean Only or Power Press				

Retro Powerlifting

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 all claims for injury or damages which I may incur by virtue of my competing in this contest as against, the Champion City Crossfit, Rich Peters, Tad Peters, NASA Powerlifting, the facility used and any and all 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 including the Covid 19 Virus. 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. By entering on-line I accept the terms of this waiver. **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

Return All Entries and Entry Fees to:

NASA * 10751 Lake Rd * Lexington, OK 73051 – SQBPDL@aol.com