

# 2023 NASA WEST VIRGINIA REGIONAL POWERLIFTING

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

**Date:** Saturday, September 30th, 2023  
**NEW Location:** Iron Saints Athletic Systems  
393 George Kostas Drive Suite 4, Logan, WV 25601

**Hotel Info:** Hotels are available in the area

**Meet Director:** Sammy Sebok, 1-304-946-5206  
email: [Sebok88@aol.com](mailto:Sebok88@aol.com)

## ***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. High School Membership is \$25.00 per year. Keep your receipt as your card as you will need to show it at check-in. Enter on line or at the event.

**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:***

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**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***

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\* **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:***

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### **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:***

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***\$10.00 Late Fee applies for 1<sup>st</sup> 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 2<sup>nd</sup> Ave. Logan. WV 25601  
Or enter online at our Web site: [www.nasa-sports.com](http://www.nasa-sports.com)**

## ***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 and Power Sports contests.

**Teams:** 1st thru 3rd Place Trophies for Powerlifting, Push Pull, Bench Press Only, and Power Sports Teams.

## ***NATIONAL RECORDS:***

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

# NASA West Virginia Regional Championship

## September 30th, 2023

Meet Site: Iron Saints Athletic Systems, 393 George Kostas Dr. Ste 4, Logan. WV 25601

→ **IMPORTANT: Late Fee of \$10.00 for 1<sup>st</sup> Division entered begins September 21st, 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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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**

## ***2023 West Virginia Regional Powerlifting***

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

Iron Saints Athletic Systems

393 George Kostas Drive Ste 4

Logan, WV 25601

1-304-946-5206

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

[Sebok88@aol.com](mailto:Sebok88@aol.com)



Your NASA 2023 West Virginia Regional Powerlifting 9-30-23 Entry Form Is Enclosed.  
Visit our #1 Web Site at [www.nasa-sports.com](http://www.nasa-sports.com)